The Most Important Plant-Based Food Families in PubMed

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The PubMed Rainbow of Foods!

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Combining a Food-Diet-Nutrition hedge that we have developed with all the plant families in MeSH, we have been able to determine which families have the most food-related articles in PubMed. The ranking of families starts in the left column. Not surprisingly, the top three families are beans, grains and potatoes-tomatoes. After that you may see some surprises.

The hedge we used to combine with each plant family is:

(food and beverages[majr]) OR (Nutritional Physiological Phenomena[majr]) OR (nutrition disorders[majr]) OR (food industry[majr])

The number of citations goes from Fabaceae (6747 articles) to Clusiaceae (85 articles).

Fabaceae
Beans, peanuts

Brassicaceae
Cabbage, broccoli, kale

Poaceae
Grains – Wheat, rice, corn

Solanaceae
Potatoes, tomatoes, peppers

Liliaceae
Onions, garlic, asparagus

Rutaceae
Citrus – Oranges, lemons, grapefruit

Apiaceae
Carrot, celery, many herbs: parsley, anise, dill

Asteraceae
Lettuce, artichokes, sunchoke, sunflower

Lamiaceae
Mint, rosemary, thyme

Linaceae
Flax seed

The most delicious fruit on Earth

Clusiaceae
Mangosteen

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